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REQUIREMENTS

ELIZABETH ROBINSON SCOVIL

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A
BABY'S REQUIREMENTS.

BY

ELISABETH ROBINSON SCOVIL,

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NEWPORT, R.I.

AUTHOR OF "THE CARE OF CHILDREN."

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BY ELISABETH ROBINSON SCOVIL



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THIS little book is written in response to more than twelve hundred letters to me, as one of the Associate Editors of the "Ladies' Home Journal," appealing for information on subjects connected with the care of infants. It has been prepared under the pressure of duties incident to the position of Superintendent of a hospital. If the mothers who have asked for assistance find it here, it will have amply fulfilled its object.

E. R. S.

JUST PUBLISHED.

THE
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BY

ELISABETH ROBINSON SCOVIL.

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A BABY'S REQUIREMENTS.

A BABY requires to be comfortably dressed, suitably fed, surrounded with pure air to breathe, kept clean, and allowed to sleep. Under these conditions even a delicate child will grow and thrive, and one that is blessed with a strong constitution will retain the good health that it brought into the world.

During the last few years a revolution has taken place in the manner of feeding and clothing babies. In all the wonderful progress of this age of miracles, it would be singular if there were no improvement in the methods of caring for the infant scions of the human race, — the lord and master of all.

These modern ideas seem strange to the elders who have never practised them. There will be plenty of wise women to say to the

young mother: "I brought up my children before these new-fangled notions were heard of. They always wore bands, and had soothing syrup, and were fed when they cried; and I should like to know how much worse they are for it?" The point is, would they not have had a more comfortable childhood, better digestions, and stronger nerves, if they had been treated more in accordance with the laws of Nature?

The world moves, in spite of the assertions of incredulous persons to the contrary. Infant mortality is steadily decreasing under a more enlightened management of young children, and it is foolish not to avail one's self of the results of the best scientific thought and experiment in this direction.

CLOTHING.

THE baby's wardrobe is a subject of grave consideration to the expectant mother. The number of garments, the material of which to make them, and the proper shape for them are puzzling matters to an inexperienced person. The following directions are for a plain, comfortable outfit ; with it the baby can be kept daintily nice, if the laundry work can be done sufficiently often.

There are some points that each person must decide for herself. If you can sew neatly, and are well enough to work with ease, it is slightly less expensive and more satisfactory to make the things yourself. If you have to pay a seamstress, it is better to buy them ready made from some reliable house. In this case do not purchase a layette, as this includes some articles that can well be dispensed with ; but buy the gar-

ments singly, getting only those you really require.

It need not be a drawback if you live far from a large city. Catalogues are readily sent upon application, and from these you can choose what you want. Parcels under four pounds' weight can be sent by mail, and heavier ones by express. Any large dry-goods establishment will send samples, if you decide to purchase materials yourself.

If you desire to make the clothes at home, send to the Butterick Company or the Domestic Company, New York, for catalogues, and choose from these the patterns you want. The amount of material required is plainly stated on the label of each pattern. They have only one fault, — the skirts are too long; but you can make allowance for this, and the pattern is easily shortened. Thirty inches from neck to hem is amply long for a dress or slip, and petticoats may be two inches shorter.

Bands. — These are only needed for the first week or two, to hold the dressing in

place. Three strips of soft flannel, five inches wide by twenty-four long, torn off and not finished in any way, is all that is necessary.

Shirts. — Ribbed cashmere shirts, high-necked and long-sleeved, open all the way down the front, can be bought from forty-five to seventy-five cents each. The better quality wear very well. If you prefer to make them, get the Butterick pattern, No. 3,383, and cut the larger shirt. Cotton-and-wool and silk-and-wool flannel shrink less than that of all wool, and are better for infants' garments. The cotton-and-wool costs about thirty-five cents a yard, silk and wool from sixty-five cents to a dollar; at the latter price it is beautifully fine. Bind the shirts with silk flannel binding instead of ribbon, or cat-stitch them neatly with sewing-silk. Three will answer; but four is a better number, as they are worn at night as well as in the day. When the shirt is put on, fasten it with a safety-pin to the napkin in front, to keep it from riding up.

Petticoats.—There is a great diversity of opinion on the subject of a baby's undergarments. It is conceded that tight bands should be avoided about the tender little body. Some mothers have adopted a modification of the principle of the Gertrude suit, and make the flannel petticoat like a sleeveless slip, opening at the back. This can be cut from any of the plain slip patterns,—making it a little lower in the neck, omitting the sleeves, and shortening the skirts, so that the garment measures, when done, twenty-eight inches in length. While the baby is little the bottom can be turned up and fastened together with safety-pins to keep the feet warm. Four are necessary; make them of cotton-and-wool or, if you can afford it, silk-and-wool flannel. If you wish to have regular petticoats, get the Domestic pattern, No. 992, which has a waist with arm-holes, suspending the skirt from the shoulders. Make the waist, as well as the skirt, of flannel for a winter baby.

This is a good pattern for the white petticoats, of which you ought to have one or two

for state occasions, as dresses look rather prettier over them. They are not needed ordinarily.

Napkins. — Four dozen are necessary, as they must be washed frequently. Canton flannel, or cotton flannel as it is sometimes called, is the best material, though cotton and linen diaper are used. The latter is cold, and not sufficiently absorbent. The thinner quality of canton flannel, from seven to ten cents a yard, is the nicest for the purpose. Make squares the width of the material, about twenty-five inches, and hem them on two sides. These can be folded twice while the baby is young. It is a good plan to keep a square of soft, old linen in the napkin, as it can be burned when necessary, instead of being washed. Two squares of thick flannel are very useful; one put on at night protects the clothing. Never, under any circumstances, use a rubber diaper; it is sure to injure the delicate skin.

Slips. — For the first month the baby can wear its little plain slips all the time, chang-

ing the one worn in the day for another at night; after that they are used as night-dresses. The Butterick pattern No. 2,216 is a very good one. Lonsdale cambric, about sixteen cents a yard, is a suitable material to use for them, with fine embroidery or lace for the neck and sleeves. Six are sufficient.

Dresses. — Nainsook muslin, costing from fifty to seventy-five cents a yard, is the prettiest for dresses, although a fine Lonsdale cambric can be used. They are made either with a yoke or a Gretchen waist. The Butterick pattern No. 3,643 will do for the first style, and No. 3,088 for the second. Hem-stitching, feather-stitching, and tucks are the most appropriate trimming, with a narrow Hamburg edging or Valenciennes lace as a finish. Elaborate embroideries are no longer considered in good taste. A machine-made feather-stitching can be bought by the yard, ready to stitch on, and is very dainty for the little yokes, put on between clusters of tucks, or on each side of narrow Hamburg insertion. The yokes themselves can be purchased

ready made, from Best and Co., 60 West 23d Street, New York, and the skirts added at home. Six dresses are enough. If you wish to have a handsome one for the christening, it is best to get it ready for use.

Wrappers. — These are useful to put on early in the morning, or to slip over the dress when the room is cooler than usual. They can be made of silk-and-wool flannel, opera or Scotch flannel, cashmere, outing, or Shaker flannel, by Butterick pattern No. 1,508, and decorated with feather-stitching or lace.

Socks. — If you can crochet or knit, these are easily made of white zephyr trimmed with pink, blue, or pale yellow. They cost twenty-five cents a pair ready made, and you can hardly have too many, at least six or eight pairs. The active little feet soon kick holes in them.

Blankets. — Very pretty blankets can be made of silk-and-wool flannel, with an inch hem and a spray embroidered in one corner;

but the most useful ones for every-day wear are knitted from single Germantown wool. They should be done in plain knitting or brioche stitch, on rather large bone or rubber needles, and be, when finished, three quarters of a yard wide by a yard long. Stripes of pale pink or blue knitted near the ends are very pretty at first, but lose their beauty when washed. It is better to run in six or eight rows of baby ribbon of the desired color, which can be taken out before it is put in water. Knitted or crocheted jackets are pretty, but not very useful. The blankets are indispensable.

Bibs.—The baby does not require bibs at first, but as it soon will need them it is wise to have them ready beforehand. The Domestic pattern is a good one. Linen diaper can be used for them, lined with cotton flannel, shrunk before using. Lonsdale cambric, or Nainsook muslin, can be made with a thin layer of wadding, and quilted. For older children white table oil-cloth makes a convenient feeding-bib.

Cloak and Bonnet. — These are usually of cashmere, although fine silk-and-wool flannel is a pretty material for the cloak, and a silk hood. It costs nearly as much to make as to buy them; and as they are troublesome for unaccustomed fingers, it is best not to attempt them at home. If you desire to do so, there are several good patterns in either Butterick's or the Domestic catalogue to choose from.

A baby should go out every day in pleasant weather, but not when cold, unless it is carried in the arms. See that the hood or parasol of the carriage is arranged to shade the eyes, and do not trust it with a young child or a careless servant. A fall might injure it for life.

Eider down or Jersey flannel makes an inexpensive carriage rug for cool weather, and pongee silk trimmed with torchon lace of the same shade for summer.

Short Clothes. — When an active healthy baby is four months old, it is time to shorten its clothes. Some mothers prefer to lay

aside the first clothes, in case of their being needed again, and to provide new ones. Make the skirts to come just to the ankles, showing the feet. Have long black stockings to come above the knees, — in winter they should be cashmere. Little shoes of soft kid, chamois moccasins, which can be made at home, — or, if they are not all worn out, the worsted baby-socks, — can be worn over them.

Make the flannel skirts with waists, and if an extra petticoat is needed, put buttons on the waist and button a cambric one on it.

White Lonsdale, or Nainsook, is still the prettiest material for dresses; but if washing is an item of importance, they had better be of some colored fabric. There are many pretty prints, fine gingham, and effective colorings in lawns and cambrics for the summer baby; only choose delicate tints and small patterns. For the winter baby nothing is nicer than Scotch flannel for every-day dresses. It costs from thirty to thirty-five cents a yard, and comes in fine stripes of color on a neutral ground. Make them with a yoke or a Gretchen waist, and feather-stitch

with washing-silk. Cashmere makes pretty dresses; the best one may be of cream color, as it washes and dyes.

In cold weather eider-down flannel makes the prettiest cloak, trimmed with white angora fringe. The little bonnet may be of velvet or cashmere, or a combination of both. When you want fresh ideas on the subject of children's clothes for any age, send for an illustrated catalogue, and glean information from that; you will find it a never-failing inspiration!

To wash children's flannels or worsted belongings, dissolve a little white soap in hot water, wash the articles, rinse them in water of the *same temperature* (this is very important), shake them until partially dry, then finish the process quickly in the sun or by a fire, and iron them. Knitted or crocheted things wring in a towel; lay them flat, putting them into shape as they were, and put them in a warm place to dry. Have short-sleeved flannel slips to wear under the white night-dresses, or in winter long-sleeved flannel gowns, extending at least half a yard below the feet for a restless baby, and leave off the little shirt.

FOOD.

NURSING.

WHEN a mother can nurse her baby she escapes a great deal of care and anxiety. There are a few points to be observed about the milk. If the supply is insufficient it must be supplemented by other food. Where there is a sufficient quantity, and yet the baby cries after nursing and seems unsatisfied, it is probably deficient in quality. In this case, the first milk at each nursing—about two tablespoonfuls—should be drawn off with a breast-pump, and the child allowed to have the last secreted, which is richer.

If the milk is thrown up unchanged, and looks white and thick instead of blue and watery, the baby should have two teaspoonfuls of water before it is nursed, and take the first milk from each breast. In ordinary cases, nurse it alternately, from one side at each nursing.

As a nursing mother you should take a good supply of liquid food yourself. Nothing is better than milk, and there are so many different ways of preparing it that if the taste is not liked, it can be effectually disguised. Dilute it with Vichy or Apollinaris water, sweeten, and flavor it with vanilla, lemon, bitter almond, or rose-water, make it into eggnog with the beaten yolk of an egg and a little nutmeg, or shake it in a glass jar with the white of an egg to each half pint, a pinch of salt and cracked ice. Take it cold with a little lime-water, or hot seasoned with salt.

Cocoa made with milk is very nutritious. Gruel of arrowroot, oatmeal, Indian meal, or barley, oyster, and clam broths, with milk as a basis, are all valuable. Take a warm drink before going to bed and as early as possible in the morning. If there is too much milk secreted, drink less fluid. Nourishing food is very necessary. Beef, mutton, poultry, etc., delicate vegetables, and the cereals, as cracked wheat, hominy, farina, etc., are all good. You will find that acid fruit, pickles, some

vegetables and other articles of food may disagree with the baby, but only experience can teach you what these are.

You must keep yourself in as perfect health as possible for the baby's sake. Avoid over-excitement, over-fatigue, anger, worry, and anything that disturbs you, for it will surely react on the sensitive being you are nourishing.

FEEDING.

When a baby has to be fed do not *begin* with the artificial foods. Cow's milk, properly prepared and diluted, is the best substitute for the mother's milk. There are several ways of treating it, and if none of these succeed in producing a food that agrees with the baby, one of the others may be tried.

Cream Food. — An excellent recipe is two tablespoonfuls of cream, one of milk, two of lime-water, and three of milk-sugar water. Make the latter by dissolving half an ounce of sugar of milk in half a pint of boiled water.

It is a mistaken idea that cream is too rich for babies. They need the fat it supplies; it

is the lightest part of the milk and the most easily assimilated.

After five or six weeks the quantity of water is gradually diminished.

Barley Food. — Barley seems to possess the power of breaking up the hard curd which cows' milk forms in the stomach, and reducing it to softer flakes, more like mother's milk. To make barley-water, take two even tablespoonfuls of pearl barley, wash it thoroughly, put it in a double boiler with one pint of boiling water, and let it boil two hours. It can be made more quickly by grinding the barley in an unused coffee mill; it need then be cooked only half an hour. Use half milk and half barley-water for the food, sweetened with a pinch of sugar of milk. If this is not easily digested, try two tablespoonfuls of milk, one of lime-water, and three of barley-water.

Peptonized Milk. — When a baby has a delicate digestion, it may be necessary to have the food partially digested before it is given to it. This is best done by means of Pepto-

genic Milk Powder, which is especially prepared for this purpose. Full directions come with it, and an admirable recipe for food.

Either of the recipes already given may be peptonized, and you can use extract of pancreas for the purpose. A little measure comes with Fairchild's bottles. Allow five grains of the extract and fifteen grains of bicarbonate of soda to each pint of milk; place it in water of a temperature of 115° Fahrenheit, or so hot the hand can be held in the water only for a moment. Leave it there for twenty minutes, and then place it on the ice or pour the milk into a clean saucepan and bring it to the boil, to stop the digestive process. The water bath may stand on the table, and need not be kept at 115° during the twenty minutes.

Sterilized Milk. — It is well known that milk readily absorbs bad odors, and is a frequent carrier of infection. Unless you live in the country, and can be absolutely assured of the purity of the milk you use for the baby, it is a wise precaution to sterilize it.

Heat kills any germs it may contain and renders it a safe food. It was once thought that boiled milk was indigestible; this has been disproved, and cooked milk is known to be as readily absorbed as raw.

Patent sterilizers are very convenient, and make the process an easy one. It can be done without them, but not with as little trouble.

It is best to have a number of small bottles, each holding the quantity of food required at one time. Get the tinsmith to make a small steamer, with a tight cover, to fit on top of the tea-kettle. Place the bottles in this, and when the milk begins to steam, cork them with wads of cotton wool, and steam for twenty minutes. Place them in a cool place, and open one at a time, as required. Enough for twenty-four hours can be done at once.

The whole quantity of food can be put in a self-sealing glass fruit-jar, placed in a saucepan of cool water and allowed to come to the boil. When the steam rises from the milk, screw on the top and boil twenty minutes. Put in clean bottles while it is hot, and cork tightly.

Sterilized milk is invaluable for use in travelling. In large cities it can be purchased ready for use.

AMOUNT OF FOOD.

The quantity of food given to a baby is almost as important as its quality. Many physicians recommend that this shall be regulated by the child's weight. Three ounces, or six tablespoonfuls, being given to a baby weighing six or eight pounds, gradually increasing the amount until a baby of twenty pounds weight takes eight ounces, or sixteen tablespoonfuls, at once. A vigorous, healthy infant will require more food than a small delicate one, even at the same age.

INTERVAL OF FEEDING.

A baby's stomach requires rest, just as its other organs do. To feed it every time it cries is as absurd as it would be to poke food down the throats of grown persons every time they yawned, or groaned.

Many lives are sacrificed to over-feeding. Do not sacrifice your baby.

Until a baby is two months old it should be nursed or fed every two hours from eight o'clock in the morning until eight at night, and twice — say at midnight and four o'clock — during the night. If it wakens only once, or not at all, during the night to be fed, so much the better; do not disturb it.

After it is two months old gradually lengthen the interval of feeding, a few minutes each day, until it has food every three hours and once, perhaps, at night. Increase the quantity of food at the same time.

If you nurse your baby, lay it back in the cradle after it has taken its meal at night; do not keep it on your arm. It is better for it to sleep alone.

THE NURSING-BOTTLE.

Provide two plain nursing-bottles, with black rubber tops. Those known as "The Best" are easily cleansed and very convenient; the nipple cannot collapse when sucked, as some do. Tubes may be kept clean, if the mother is exceptionally careful, and takes care of them herself; but they

should never be trusted to a nursemaid, and it is safer not to use them in warm weather.

If a little food is left in the bottom of the bottle, throw it away. Wash the bottle thoroughly in cool water, then in scalding water, and leave it filled with cold water until it is required again. Keep the nipples not in use in a cup of water, with a pinch of baking-soda dissolved in it. Turn them inside out to clean them, and do not use the same one longer than three weeks.

WEANING.

Even a young baby should have a teaspoonful of water once or twice a day. By the time it is four or five months old it should learn to take this from a cup. When it is decided that the time has come to wean the baby, usually when it is about ten months old, it knows how to drink, and the battle is half over.

Prepare half a teacupful of milk and barley-water, or strained oatmeal gruel and milk, and let the child drink it at one of the hours

for nursing. The next day give it twice instead of once, and so on until it is substituted for its natural food; and the weaning is accomplished.

Never give a baby of any age hot food. Milk-warm is the proper temperature, about 99° Fahrenheit.

If it does not like the oatmeal or barley, try a gruel of cracked wheat, or bread crumbed in the milk, or plain sterilized milk.

A baby should be weaned in the spring or autumn, never in summer, when a change of food may disagree with it. If this is unavoidable, begin with peptonized milk.

It is a popular prejudice that the milk of one cow is better for a baby than that obtained from several animals. This is not borne out by facts. The average quality is apt to be higher in milk from a herd than from a single cow.

After it is a year old a child may have a lightly boiled egg every other day, the juice from rare roast beef or mutton on bread, the soft part of a well-baked apple, and a little

vegetable. Baked potatoes are better than boiled.

Very little meat should be given until the double teeth are through, and always minced or finely cut.

THE BATH.

A TIN foot-tub makes a good bath for the baby. When it is old enough to sit up and hold fast to the sides, it will have great fun kicking and splashing. At first it ought not to be plunged in water. It has been accustomed to a temperature of about ninety-nine degrees; we consider eighty warm for a room, — nearly twenty degrees colder! No doubt the exposure of washing is responsible for many of the colds and bronchial affections which inconvenience and sometimes prove fatal to little babies.

A basin holds plenty of water for the bath during the first few weeks, while the baby is becoming acclimated to our sterner atmosphere. Provide a soft, old blanket, or if this is not obtainable, a new crib one, to cover it with as it lies undressed on the nurse's lap. It should be washed by passing the hand

holding the cloth under the blanket. When it is dry, before powdering, rub it briskly with the hand from head to foot, making sure that not the slightest moisture remains; then powder lightly.

Old linen tablecloths or large napkins make the nicest towels. When these cannot be had, buy a piece of linen-diaper, cut it into towels, and have them washed several times, until the stiffness is gone.

Have the basket with the clothes close at hand. A baby's garments should be changed throughout night and morning, and those that have been taken off hung up to air, if they are clean enough to be worn again. One bath a day is sufficient except in very warm weather, when it refreshes the child to be lightly sponged in the evening. At other times rub the surface gently all over with the hand, and powder the creases.

The head requires special attention to keep it daintily nice. Always use a little soap on the cloth, and rinse it with clear, warm water. If in spite of your care brown specks appear on the scalp, put a little vaseline on them at

night, and a little more in the morning; then with your finger-nail gently scrape them off. It will not injure the tender skin if you do it carefully. An oily substance is constantly exuding through the pores; this catches and imprisons flakes of dust, and if not removed forms a very disagreeable covering. When this has been allowed to accumulate, through a misplaced fear of hurting the child by its removal, it should be well rubbed with vaseline for two or three successive nights, and then carefully scraped off with a fine comb. The process will redden the skin, but do no permanent harm,—rather much good, as the intruder checks the growth of the hair.

After bathing wash the mouth with a piece of a fine pocket-handkerchief dipped in water with a little powdered borax dissolved in it, and give a teaspoonful of pure water to drink. This should be repeated several times during the day.

You will find a lap-protector very useful. Make a bag of stout flannel about twenty-seven inches long by eighteen wide; in this slip a piece of nursery sheeting or white

table oilcloth, the same size; fasten the open end with two or three safety-pins, and cover it with a case of any pretty striped cotton-and-wool flannel that will wash. It can be trimmed with a ruffle if you like.

Six white Lonsdale aprons are very useful. One will prevent your dark dresses from soiling the baby's white ones.

THE BASKET.

A PRETTY basket to hold the requisites for the baby's toilet is indispensable. It is usual to purchase a wicker-basket about twenty-two inches long, square or oval, and with sides three or four inches high, costing about a dollar. This is covered with silesia or glazed cambric, pink or blue, and over this with plain or figured muslin, net, lace, or scrim, edged with narrow lace. Sometimes a delicate India, China, or surah silk is used for the outer covering. Two pincushions and two little bags of the same material are fastened to the sides, and the first effect is very fascinating.

After two or three months' use the dainty decoration becomes sadly limp. Just as you are beginning to think that you must get baby's short clothes ready, you awake to the fact that the basket must be renovated, and

as you know from past experience, this means no small amount of work.

It is better to begin with something that will not require renewing so quickly. Choose a basket whose sides are woven in a fanciful pattern or with an open-work edge. Select a ribbon of a width to suit the openings, and weave it in and out, placing a bow here and there where you think it will be effective. The color is entirely a matter of taste. It is a French fancy to have blue for a boy and pink for a girl. If you have chosen any special color for the nursery, or the baby's other belongings, have the basket to match it. Pale yellow looks like a gleam of sunlight; cool green is appropriate for summer, and deep crimson for winter. Violet and purple are the colors of grief and mourning, and should not be used about a baby.

Cut a piece of pasteboard to fit the bottom of the basket, and cover this with any pretty material you desire. This gives a smooth surface for the contents of the basket to lie on. Make two pincushions of the material, trimming with frills or puffings of the same,

and fasten them to the sides of the basket with narrow ribbon, drawing it through to the outside, and tying it there. Two little bags can be added, if desired.

You can gild the basket, or paint it white and varnish it, or red with lines of gold; but the plain wicker-work will be found the most satisfactory. Provide a cover to throw over it when not in use, — pretty chintz with a rosebud pattern, or any delicate washing material.

Place in it a little porcelain box of pure vaseline; a powder-box and puff, with any good toilet powder; a cake of white soap in a celluloid soap-box; a soft baby-brush; two little wash-cloths made of an old dinner napkin, — you will find them far more satisfactory than sponges, — and two larger towels of the same kind of linen, perhaps part of an old tablecloth. A wide-mouthed bottle of powdered borax and another of precipitated fuller's earth should be at hand, but need not be in the basket.

Put a bunch of absorbent cotton in one bag and an old pocket-handkerchief in the

other. Fill one cushion with large and the other with very small safety pins. Never use a common pin to fasten a baby's clothes. Provide two or three yards of soft white twine twisted in a skein, and a pair of blunt scissors.

Lay in it the clothes that will be required for the first dressing, — a band, a little shirt, a flannel, a plain night-slip, a napkin, a pair of socks, and one of the Germantown blankets.

Wicker hampers can be purchased for about five dollars and a half, containing a tray for the toilet requisites, and space beneath for all the baby's clothing. These are sometimes trimmed with muslin and lace, but more sensibly with a ribbon running diagonally across the cover with a bow at each end, and another crossing the front in the same way. Pockets and pincushions are fastened to the sides of the tray.

Standard baskets on a tripod can be had from one dollar and a half to two and a half. These are sufficiently decorated by a ribbon tied where the legs cross, and bows on the handle.

A stand holding a china basin with a division in the middle is ornamental, but not very useful. One side is for hot and the other for cold water, or one for scented water to finish the bath.

A modern high bureau with a good many shallow drawers is really the most convenient for baby's wardrobe. Its clothing cannot be too sweet; and many mothers have a number of sachets to lay among it. A good plan is to cut a piece of stiff brown paper exactly to fit the bottom of the drawer, tack on this a split sheet of white wadding thickly sprinkled with sachet-powder, — a mixture of violet and powdered orris-root is pleasant, — cover this with any pretty figured silk or other material preferred, and the contents of the drawer will always be fragrant.

A trunk or large wooden box treated in the same way, lined neatly, the top stuffed and covered with chintz like an ottoman, is no mean substitute for a more elaborate receptacle when the pennies have to be counted with care, and there are not many to spare for luxuries.

THE BED.

A YOUNG baby spends most of its time in bed, so it is important to have a comfortable and suitable one. If a child is never rocked, it cannot miss what it has not had. The cradle has been almost discarded, and we must find some other simile for a mother's influence than the old one, — "The hand that rocks the cradle rules the world."

A bassinette of wicker-work, like a large basket, is very pretty, and can be easily carried from room to room. It is sometimes provided with a stand draped with muslin and looped with ribbons, and a canopy to match. The baby soon outgrows it, and then it is useless, though it is a snug little nest at first. The bed is a pillow with a rubber case under the white one, a tiny down pillow for the head, and a warm knitted or silk-wadded and embroidered coverlet. Sheets are unnecessary.

A crib is the most sensible purchase, for this can be used until the child is several years old. The best foundation for the bed is a woven-wire mattress, and a soft hair one over it. On this lay a folded blanket, next a square of rubber-cloth, and over this the sheet. An upper-sheet is not needed, its place is better supplied with a soft blanket; a dainty white quilt, light in weight, covers the whole. Babies need warmth, but not to be oppressed with heavy coverings. A cheese-cloth comforter, wadded and tufted with pink or blue zephyr, or a down comforter is the most suitable for winter. The latter costs four or five dollars. Cream eider-down flannel is an inexpensive substitute for blankets.

Pillows may be of down, feathers, or hair. In this, as in most other cases, the middle path is the safest; a rather thin feather pillow gives softness without overheating the little head. The cases may be embroidered,—only, in mercy to the soft cheek, not in the middle. They are best hem-stitched or trimmed with narrow ruffles.



A canopy can be added if you like. Many cribs are provided with a hoop for one, fitting into sockets on each side. The covering shields the head from draughts, and may be arranged to protect the eyes from the light. Both these ends may be accomplished by a light folding-screen, which can be placed in any position desired. The canopy can be made of one of the materials used to trim a baby's basket, or of chintz, or any pretty washing fabric.

Remember that sleep is very important to babies, and the habit of sleeping quietly and continuously is invaluable to them. Never allow your baby to be wakened except for its food, unless it is in personal danger. To take it up from a sound sleep is a cruel invasion of its rights. You will be ready enough to complain, later, when the baby will not sleep in the morning, or refuses to take its nap when you are busy. Let it practise the good habits that it brought with it, and it will not learn bad ones. Plenty of sleep means a healthy brain and tranquil nerves.

THE MOTHER'S COMFORT.

THE baby's first and most urgent requirement is a healthy mother, able to transmit to her child a sound constitution, and a good disposition. It is well known that the children of a nervous, fretful, excitable mother will be cross and restless. It is the first duty of the expectant mother to keep mind and body in as tranquil and well-ordered a condition as possible.

A celebrated obstetrical physician once said that if he were offered a thousand dollars to conduct a woman safely through an illness, and were given his choice of ten ailments, he should choose a confinement, the number of favorable recoveries was so large in proportion to the cases. While there is a risk, the danger is not as great as you imagine. Innumerable mothers who this time last year were full of the same anxious fears and forebodings that are worrying you are

now happy in the possession of their babies, and have almost forgotten the anxiety that overwhelmed them.

Keep the mind calm and cheerful as far as your own earnest endeavors can accomplish it. Avoid fatigue and excitement; take plenty of sleep; wear proper clothing; eat nourishing, easily digested food; take exercise in the open air as long as possible; do not work on a treadle sewing-machine more than you can help; have a sponge bath every morning or evening; and you will have done all you can to keep yourself in good health.

If you feel nauseated in the morning, eat a simple supper before going to bed, and drink a glass of cold or hot milk before getting up. Should it still continue, consult your doctor. Take a glass of water between meals during the day.

If a laxative is needed, use one teaspoonful of compound licorice powder as often as is necessary, or an enema of warm water. The bowels must be kept regular.

The nipples require attention, to prevent suffering after the baby begins to nurse.

Stir a little powdered tannin into glycerine, or dissolve salt in alcohol; and after bathing them in cold water, wet them well with the mixture, pressing, manipulating, and pulling them into shape. Repeat this night and morning for two months. If there is the slightest indication of the skin cracking when they are used, have them painted with white of egg, putting on successive layers as they dry. This is a simple but very effectual remedy. Provide a nipple-shield, if there is any difficulty, and use it when the baby nurses.

Corsets must be discarded, and a well-fitting waist worn, with buttons on which the skirts can be fastened, thus suspending the weight of the clothing from the shoulders. The skirts should be made as light as possible. During the early months a blouse looks very well, worn with a belt sufficiently large to avoid pressure. Later a Mother Hubbard wrapper is the most satisfactory, with a long, loose ulster or cloak for the street. The avoidance of pressure is a very important point, as it affects the welfare of both

mother and child. Wear side garters attached to the waist.

Always engage your nurse early. Competent nurses have plenty of employment; and if you put it off too long, you will not be able to secure one.

Provide for your own use a good stock of absorbent pads; at least four dozen will be needed. They are far superior to the ordinary napkin, as they can be burned after using, and do away with one of the great risks of infection. To make them, cut a piece of cheese-cloth seven inches long by eight wide; lay on this a pad of the absorbent cotton six inches long, cut lengthwise of the roll, and folded once across the width. One roll makes thirty pads. Double over the cheese-cloth, and baste around the edges. Sew on each end a strip of cheese-cloth about six inches long, to fasten to the girdle when in use.

When washing is expensive, it is an excellent plan to have squares made in the same way to lay on the baby's napkin, as they can be rolled up and burned.

Short night-gowns are much more convenient than long ones. Old ones can be utilized by cutting them off just above the knees, and opening them all the way down the front. If you wear under-vests, open them too, face each side, and add buttons and buttonholes. Some persons prefer to use bed-jackets. Make these of Scotch or Shaker flannel or cashmere, and have two or three, also a soft shawl or small blanket to cover the chest when needed.

A woven-wire mattress with a soft hair one on top makes the best bed for the mother as for the baby. Buy two yards of nursery rubber sheeting a yard square, and cut it in two. If this is too expensive, get a yard and a half of white table oilcloth, and do the same. When the bed is made, one piece is placed on the mattress, covered with the under sheet, on this is laid the second piece, and over this again an old comforter or blanket folded in four, the whole being kept in place by a sheet folded lengthways, and firmly tucked under the mattress on each side. In an emergency, a wad of newspaper between the

folds of the comforter is a great protection, and an obstetrical pad of absorbent cotton does away with the necessity for the comforter or blanket, and can be burned instead of being washed; it can be made of absorbent cotton and cheese-cloth, thirty-three inches square. When all is over, everything above the second rubber is rolled up and taken away, leaving a fresh bed, only requiring a clean draw sheet over the rubber; this protects the under sheet, and prevents it from requiring to be changed so often. Old sheets are much better and softer than new ones. For the covering, besides the upper sheet, use blankets and a thin white spread that can be washed. No quilted comforter or anything that cannot be sent to the laundry should be used about the bed; the danger of infection is too great.

Make three binders of soft unbleached cotton, washed or shrunk before making. Cut them a yard and a quarter long by thirty inches wide, double them, so they will be fifteen inches wide when done, and overhand the edges together. Have a couple of yards

of cotton extra for breast bandages, in case they are required. You will want two cards of good-sized safety-pins, as common pins are objectionable to fasten either binder or bandage.

A granite-ware or wood-pulp basin is light for use about the bed. A bulb syringe, and a fountain one, will be required,—the Tyrian syringes are most satisfactory; a bed-pan; a china or glass jar of vaseline; two or three wash-cloths of Turkish towelling of different sizes; a roll of old cotton or soft linen like tablecloths, plenty of soft towels, and a bunch of absorbent cotton.

It is well to have a square of carpet or an old rug to spread beside the bed. Have in the room a lounge or cot, on which the nurse can sleep at night, and a low easy chair, not a rocking-chair. A light screen is very useful to keep off draughts, and dark linen blinds to shade the room in summer. Do not have too many knick-knacks about to be dusted and kept clean.



AILMENTS.

WHEN the baby is sick send for the doctor. This is the safest rule, and will save you many self-reproaches in case the illness turns out to be a serious one. There are, however, some slight ailments which may be treated without his advice, at least in the beginning, and some household remedies that it is safe to use without a prescription.

Colds. — If a baby is kept in an overheated room, it is very apt to take cold. The temperature of the nursery should not be above seventy degrees during the day, and sixty to sixty-five degrees at night. In winter supply artificial heat by keeping the register open or a fire in the stove, while at the same time you admit fresh air through the window. If it opens from the bottom,

have a strip of board about three inches wide and the width of the window in length to put under the lower sash. Should it open from the top, as is preferable, have a frame made three or four inches deep to fit in the opening, and cover it with flannel on both sides.

Remember that cold air is not necessarily pure air. The room must be kept *warm*; and if this cannot be done with the window guarded, as has been described, it must be shut. In this case, take the baby into another room, and open the nursery windows wide, morning and evening, bringing it back when the room is aired and warm again. Keep it away from the window, and protect the crib from draughts.

After its morning bath, rub the back and chest with a little alcohol and water. This decreases the liability to take cold. If in spite of your care, the nose becomes obstructed, rub it with warm oil or a little vaseline. If there is any further symptom of cold, rub the chest with warm oil and pin a square of flannel inside the little shirt; remove this by tearing a strip off it every night.

If the baby is hoarse, or seems to have a sore throat, send for the doctor.

Colic. — Colic is usually caused by over-feeding. Either too much food is given at once, or it is fed too often. When there is no error in these points, it may be that the kind of food used is not agreeing with the child. Sometimes, however, a malicious colic fiend seems to pursue the baby, torturing it without apparent cause. In this case, the mother can only try to circumvent it by special care in keeping the baby warm. The pain usually begins about the same time every afternoon. About an hour before this, fill a rubber hot-water bag with warm water, lay the baby on it and roll both in a blanket. If this does not prevent the attack, give a few drops of essence of peppermint in warm water, take off the napkin and rub the stomach and legs before an open fire. In aggravated cases, a hot bath will sometimes afford relief. Never, as you value your child's life and health, give soothing syrup, paregoric, or any nostrum whatever.

Constipation. — A little baby should have one or more soft, light, yellow movements each day. When this does not take place naturally, a suppository is the easiest method of inducing it. One may be made of paper, rolled into a stiff cone like an old-fashioned candle-lighter; oil this, and insert it in the rectum a little way, perhaps an inch, holding it there for a few minutes. If this is not effectual, take a piece of white soap an inch long and about as thick as a lead-pencil, shave one end to a point, and use it in the same way. A glycerine suppository is very effectual, causing a movement more quickly than other kinds. Sometimes rubbing and pressing the bowels gently with the warm hand will produce the desired result. Always place a wad of soft paper under the baby to save the napkin. A few spoonfuls of pure water each day is beneficial, and half a tea-spoonful of brown sugar dissolved in it increases its efficacy. A little strained oatmeal gruel, given just before a meal, is a good laxative. Never give medicine of any kind without consulting a doctor; it may relieve the

difficulty for the time, only to increase it tenfold afterward.

Diarrhœa. — When the movements are frequent, watery, of a greenish color, or full of white spots of undigested milk, the food is generally at fault. Sterilize the milk; or if you are already doing this, stop giving milk altogether, and try barley or rice-water for a day. If there is no improvement, speak to the doctor, and do not let the looseness continue unchecked. It is seldom caused by teething, although it may be increased by the general irritation of the system at this time. It is not a necessary symptom of cutting teeth, but a sign that something is wrong with the digestive tract, and should be promptly attended to.

A baby requires tender care and love and cherishing to make it thrive. If you are over-anxious, the baby will feel the effects of it. All troubles are doubled by worrying

over them. Do the best you can, and let the results take care of themselves. A cheery, tranquil mother makes a happy, contented baby, and is worth more to it than the exact fulfilment of the best theories by a careworn individual who has let her anxieties quench her sunshine.

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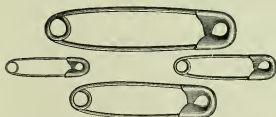
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